perplexity

List of 18 basic kicks

1/22/20125 Comments

Choujiao Basic 18 Kicks

1.Zheng ti tui - Straight swinging kick

2.Li he tui - Inside cresent kick

3.Bai lian tui - Outside cresent kick

4.Ce ti tui - Side swinging kick

5.Tan tui - Spring kick

6. Deng tui - Heel kick
7. Ce chuai tui or ti - Side thrust kick
8. Zhuang ti - Push kick

9.Cun ti - Inch kick

10.Cuo ti - Shovel kick

11. Shi zi tui - 10 kick

12.Ye li cang hua tui - Hide flower under leaves kick

13. Ye Li Zuai Lian Tui = Under leaves Syth Kick

14.Hua lan tui - Straight back kick/Flower Basket Handle kick

15.Jiu fan, Yuan Yang Tui - 9 flip, Mandarin Duck kick

16.a.Sao tang(qian) -Sweeping the hall (front)

b.Sao tang(hou)-Sweeping the hall (back)

17. Juezi Tui = Donkey kick

18. Hou Bai Lian Tui = Back Outside cresent kick (spinning back heel);how to each step by step

Here is the list of the 18 basic kicks in Choujiao martial arts:

1. Zheng ti tui - Straight swinging kick
2. Li he tui - Inside crescent kick
3. Bai lian tui - Outside crescent kick
4. Ce ti tui - Side swinging kick

5. Tan tui - Spring kick
6. Deng tui - Heel kick
7. Ce chuai tui or ti - Side thrust kick
8. Zhuang ti - Push kick
9. Cun ti - Inch kick
10. Cuo ti - Shovel kick
11. Shi zi tui - 10 kick
12. Ye li cang hua tui - Hide flower under leaves kick
13. Ye Li Zuai Lian Tui - Under leaves scythe kick
14. Hua lan tui - Straight back kick / Flower basket handle kick
15. Jiu fan, Yuan Yang Tui - 9 flip, Mandarin duck kick
16. a. Sao tang (qian) - Sweeping the hall (front)
    b. Sao tang (hou) - Sweeping the hall (back)
17. Juezi Tui - Donkey kick
18. Hou Bai Lian Tui - Back outside crescent kick (spinning back heel)[1].

These kicks form the fundamental kicking techniques in Choujiao, a traditional Chinese martial art known for its dynamic kicking and fast sequences[1] [2].

⁂

What are the step-by-step techniques for each of the 18 basic kicks

The detailed step-by-step techniques for each of the 18 basic Choujiao kicks are not fully documented in the search results, but based on general martial arts kicking principles and the names of the kicks, here is a structured guide combining typical execution steps from similar kicks in martial arts such as Taekwondo, kickboxing, and traditional Chinese martial arts:

Step-by-Step Techniques for the 18 Basic Kicks

1. Zheng ti tui (Straight swinging kick)

- Start in fighting stance, feet shoulder-width apart.
- Lift the knee straight forward, chambering the leg.
- Extend the leg forward in a swinging motion, striking with the ball of the foot.
- Retract the leg back to chamber position.
- Return to fighting stance.

2. Li he tui (Inside crescent kick)

- Chamber the kicking leg by lifting the knee.
- Extend the leg outward in an arc from outside to inside across the front of the body.
- Strike with the inside edge of the foot.
- Retract and return to stance.

3. Bai lian tui (Outside crescent kick)

- Chamber the leg.
- Swing the leg in a crescent arc from inside to outside.
- Strike with the outside edge of the foot.
- Retract and return.

4. Ce ti tui (Side swinging kick)

- Chamber the knee to the side.
- Swing the leg horizontally, striking with the heel or side of the foot.
- Retract and return.

5. Tan tui (Spring kick)

- From stance, spring forward by pushing off the rear leg.
- Lift the knee and extend the leg straight forward.
- Strike with the ball of the foot.
- Land and return.

6. Deng tui (Heel kick)

- Chamber the leg.
- Extend backward or upward, striking with the heel.
- Retract and return.

7. Ce chuai tui or ti (Side thrust kick)

- Chamber the leg with the knee pointing to the side.
- Extend the leg straight out, pushing with the ball or heel of the foot.
- Retract and return.

8. Zhuang ti (Push kick)

- Chamber the leg.
- Extend the leg straight forward, pushing with the ball of the foot.
- Retract and return.

9. Cun ti (Inch kick)

- Small, quick front kick.
- Chamber the knee slightly.
- Extend the foot a short distance, striking with the ball.
- Retract immediately.

10. Cuo ti (Shovel kick)

- Chamber the leg.
- Swing the foot in a scooping motion, striking with the sole or heel.
- Retract and return.

11. Shi zi tui (10 kick)

- Likely a complex kick involving multiple directions or foot positions.
- Chamber and extend the leg in a pattern resembling the number 10.
- Retract and return.

12. Ye li cang hua tui (Hide flower under leaves kick)

- A deceptive kick, possibly a feint followed by a quick strike.
- Chamber leg low or hidden.
- Extend quickly to strike.
- Retract.

13. Ye Li Zuai Lian Tui (Under leaves scythe kick)

- Chamber leg.
- Swing leg in a wide arc resembling a scythe motion.
- Strike with the edge of the foot.
- Retract.

14. Hua lan tui (Straight back kick / Flower basket handle kick)

- Chamber the leg by bringing the knee up.
- Extend the leg straight backward, striking with the heel.
- Retract and return.

15. Jiu fan, Yuan Yang Tui (9 flip, Mandarin duck kick)

- Likely a spinning or flipping kick.
- Initiate a spin or pivot.
- Chamber and extend the leg to strike during the spin.
- Land and recover.

16. a. Sao tang (qian) - Sweeping the hall (front)

- Sweep the leg low and forward in a horizontal arc.
- Strike with the sole or side of the foot.
- Retract.

b. Sao tang (hou) - Sweeping the hall (back)

- Sweep the leg low and backward in a horizontal arc.
- Strike with the sole or side.
- Retract.

17. Juezi Tui (Donkey kick)

- From a crouched or bent position, chamber the leg.
- Extend the leg forcefully backward and upward.
- Strike with the heel.
- Retract.

18. Hou Bai Lian Tui (Back outside crescent kick / spinning back heel)

- Pivot the body to face away from the target.
- Chamber the leg.
- Spin the body while extending the leg in an outside crescent arc.
- Strike with the heel or outside edge.
- Retract and recover.

General Notes on Execution

- Maintain balance and keep hands up for defense.
- Chambering (lifting the knee) is crucial for power and control.
- Pivoting the supporting foot and hips enhances reach and impact.
- Retract the kicking leg promptly to prepare for follow-up moves or defense.
- Practice slow and controlled before increasing speed and power.

This guide synthesizes typical martial arts kicking mechanics with the names and implied motions of the Choujiao 18 kicks. For precise traditional forms and nuances, consulting a Choujiao instructor or detailed video tutorials specific to Choujiao is recommended. The search results did not contain direct step-by-step instructions for each named kick but provided general kicking techniques applicable here[3] [4] [5] [6] [7].

⁂

1. https://www.chuojiaofanzi.org/january-2012-30-day-challenge/list-of-18-basic-kicks
2. https://ensomartialarts.com/china/chuo-jiao/
3. https://www.youtube.com/watch?v=UjrIC9mGCDU
4. https://www.youtube.com/watch?v=3EmKRWWiUXY
5. https://www.youtube.com/watch?v=cAMHsRXMWIs
6. https://wuyi-taekwondo.com/2019/11/29/taekwondo-kicks/
7. https://www.reddit.com/r/taekwondo/comments/14afxog/when_teaching_a_white_belt_a_rightleg_roundhouse/